

Gym Schedule

October 2026

	MONDAY		WEDNESDAY		FRIDAY
5:30-8:00	OPEN GYM	5:30-8:00	OPEN GYM	5:30-8:00	OPEN GYM
8:30-9:30	POWER HOUSE COURT CLOSED	8:30-9:30	POWER HOUSE COURT CLOSED	8:30-9:30	POWERHOUSE COURT CLOSED
9:45-9:00PM	OPEN GYM	9:45-4:00PM	OPEN GYM	10:00-11:00	HONEY BEES COURT CLOSED
		4:30-5:30PM	TRX AND SPIN COURT CLOSED	11:45-4:00 PM	OPEN GYM
		5:30-6:30	POWER HOUSE COURT CLOSED	4:30-5:30	POWER HOUSE COURT CLOSED
		7:00-9:00	OPEN GYM		

Mamo Mania
Expo
October 1st

**Fitness Center
HOURS**
 MON-T HUR
 5:30am-9:00pm
 Friday
 5:30am-8:00pm
 Saturday
 7:30am-5:00pm
 Sunday
 1:00pm-6:00pm

	TUESDAY		THURSDAY		SATURDAY
5:30 AM-9:00PM	OPEN GYM	5:30-4:45PM	OPEN GYM	7:00-5:00	OPEN GYM
		5:00-7:00	FULL COURT ADULT PICK-UP BASKETBALL GAME		
		7:45-9:00	OPEN GYM		

	SUNDAY
1:00-3:30PM	FULL COURT ADULT PICK-UP BASKETBALL GAME

Blood Drive
Tuesday
October 27th

HAYWOOD
REGIONAL HEALTH & FITNESS CENTER

Class Description

1. Be 10-15 minutes before class starts because you may need equipment.
2. Class has a limited number of participants! First come first serve.

Honey Bees: One hour kids class(3 months-8 years old) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc. Lots of supervised fun times.

Power House: One hour class. This class has plyometrics, endurance drills, cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!

TRX & Spin: Get the benefits of a 30 minutes toning results of TRX core workout and 30 minutes cycle class; ultra cardio combo! Two different formats under one hour class. This class starts in the Gym then moves to the Spin studio.

